



## How I Broke Free from Dieting: My Journey Towards Becoming an Authentic Eater (Paperback)

By Collin Christine McShirley

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book covers my personal experiences as an emotional eater and the lessons I learned along the way that helped me stop emotional eating. With my background in clinical psychology, and being certified in dieting and eating disorders, I was able to incorporate my personal experience and knowledge as a trained professional along the way. All of the lessons in my book are ones I used myself that transformed my healing with food and body. Now after working with many individual, group and business clients I ve developed a sustainable Authentic Eating Methodology that empower people to taking living a healthy eating lifestyle with grace and ease. I invite you to try Authentic Eating in your life so you never have to diet again. Rather love the food you eat, especially the food that loves you back.



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